



Don't be a by-stander

See p. A-5.

# SRT ensures readiness, ability to protect community

Story and photo by  
**STAFF SGT. TARESHA HILL**  
8th Military Police Brigade Public Affairs  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — After multiple deployments and one previously failed marriage, Spc. Jack Johnson is faced with another setback.

While having dinner with his current wife and a couple of friends at home, Johnson is shocked to find out his wife has been cheating on him.

Johnson becomes livid, takes his wife and their guests' hostage under gunpoint, and threatens to kill everyone.

This situation was the scenario the Special Reaction Team, 39th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, faced in the middle of the night, Nov. 20, here, during its quarterly validation training exercise.

The SRT mission is to stand ready to rapidly engage threats to the military's garrison communities, ensuring safety to service members and their families.

Despite working as a team for only a



Station commander for Schofield Provost Marshal Office, Capt. John Fernandez-Rubio, 13th MP Det., works with emergency responders and the 39th MP Det.'s SRT at incident command during a quarterly validation training exercise, Nov. 20. Team members responded to a notional hostage situation, in which a disgruntled husband holds his wife and dinner guests at gunpoint.

See SRT A-4



Chief Warrant Officer 3 Mark Leung, 2nd Squadron, 6th Cavalry Regiment

The 25th CAB conducts a brigade-wide combined training exercise to validate the 2-6th Cav. Regt. as it prepares for an operational deployment to the Republic of Korea, testing the ability of the regiment to conduct aviation operations in a field environment.

## 2-6th Cav. preps for ROK

**STAFF SGT. TRAMEL GARRETT**  
25th Infantry Division Public Affairs

KAHUKU TRAINING AREA — Soldiers assigned to 25th Combat Aviation Brigade, 25th Infantry Division, vigorously trained day and night in a brigade-wide field training exercise to validate the 2nd Squadron, 6th Cavalry Regiment, as it prepared for an operational deployment to the Republic of Korea.

The exercise began on Wheeler Army Airfield and ended in the Kahuku Training Area.

The focus of this combined training exercise was aimed at the individual, team, scout weapon team and company levels. Forces integrated for modern battlefield training while maneuvering from one location to another.

"This field exercise is our culminating training event for our pending deployment to Korea. We are doing common Soldier tasks, working our way up to see where our Soldiers stand,"

said Command Sgt. Maj. Gerardo Gonzalez, 2-6th Cav. senior enlisted adviser. "As the command sergeant major to the squadron, I also wanted to see where troops stand on everyday tasks."

The training challenged Soldiers with realistic scenarios, to include engaging mechanized enemy forces and water gunnery training. This exercise was an opportunity for Soldiers to learn from their mistakes and to build unit cohesion.

Additionally, Soldiers established fuel points, rearming points, conducted convoy operations and relocated 95 pieces of equipment from one side of Oahu to the other.

"Our troops are experts, and being able to jump from Oahu to the Big Island of Hawaii and re-establishing themselves, arm and refuel our

See CAV A-4

## Course trains expert counselors

Story and photo by  
**STAFF SGT. CARLOS R. DAVIS**  
2nd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Before infantrymen may call themselves "expert," they have to go through intense training and prove themselves before earning the title.

For example, medics have the Expert Field Medical Badge, and the training for the EFMB is very competitive.

But what about for counseling, the everyday task leaders are asked to do on a daily basis?

Soldiers from 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, attended expert counseling training at the Kalakaua Community Center, here, Nov. 19-21. The program was designed to train Soldiers how to effectively implement counseling techniques when identifying and resolving Soldier and family issues.



Role players from the 1-14th Inf. Regt. act out a scenario to learn the proper way of counseling Soldiers during expert counseling training at the Kalakaua Community Center Theater, Schofield Barracks.

The battalion has certified over 250 leaders since May 2013.

"We talk about being experts in every military occupational specialty, and then we expect

sergeants, lieutenants, first sergeants and captains to counsel, but there isn't anything emplaced to teach them how to be expert counselors," said Lt. Col. Ike Sallee, commander, 1-14th Inf. Regt.

"We have natural leaders in our formations, but they don't always have the right message or say the right things when they are trying to help Soldiers, so we have to go through the process of saying, 'yes, you are certified to be a counselor,'" Sallee added.

When designing the course, Sallee looked at many different aspects and venues in order to develop an effective program. The class is made up of educated people who have earned their degree, plus the experiences of senior non-commissioned officers and master resiliency trainers who have successfully completed certification programs, he said.

"During Warrior Leader Course, we go over counseling for maybe a couple of hours, and then we are supposed to know how to deal with every situation or problem that may accrue," said Sgt. David Waits, infantryman, Company C. "This training has taught me how to deal with the situation a Soldier is having more effectively."

Before attending the class, Waits never knew the proper way to deal with Soldier issues.

"When I have a Soldier come to me with an issue, I actually take the time and listen to the whole situation," he said. "At first, I was just trying to fix the problem without finding out the underlying cause of the problem. I know younger Soldiers who are stepping-up into leadership positions. This training allows us to be more comfortable with dealing with those situations."

Sallee believes, in order to have a successful organization, everyone must be on the same sheet of music.

"The thing that makes this cool is that our leaders want to do this well, but they ... don't know what to ask or how to ask the right questions," Sallee said. "I think that our formation has great potential in it, and our leaders really want to do well."

## Open season shopping for federal employee health care could result in savings

Last day to shop is Monday, Dec. 8

Story and photo by  
**DAVID VERGUN**  
Army News Service  
WASHINGTON — Many federal employees say they're happy with their health insurance and are not planning to shop around for another.

That would be a mistake, said economist Walton Francis, Federal Employees Health Benefits (FEHB) expert. Francis estimated that some 50 percent of FEHB enrollees could save around \$2,000 a year by choosing a plan with lower premiums and out-of-pocket costs.

Shopping for an affordable plan is

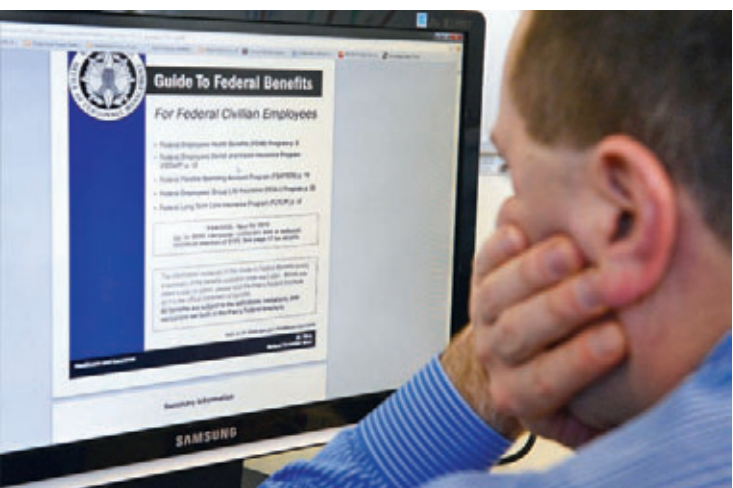
increasingly important because, officials said, the average premium rates for FEHB enrollees will increase about 3.8 percent, dental coverage rates will increase 1.7 percent and vision will increase about 1.5 percent.

The last day to shop around, Dec. 8, is fast approaching though.

While going through the fine print on dozens of plans would be daunting for anyone, Francis suggests at least reading the plan summaries, found within the 2015 guide published by the Office of Personnel Management.

Francis hosted an online question and answer session, recently, in conjunction with the "Washington Post" column "Federal Diary."

In one session, a participant's son had attention deficit hyperactivity disorder, which requires many appointments with therapists and psychiatrists. The participant wondered which plan was best for their family. Francis



A federal worker looks at the 2015 Health Care guide provided by the Office of Personnel Management.

said all FEHB plans have to cover mental health the same as physical health. The key is to shop and find a plan accepted by the mental health provider.

Another participant, who was planning on becoming pregnant, asked which plan is best for her growing family. Francis said that most plans give

**OPM 2015 Health Care Guide**  
You can read the fine print of the guide at [www.opm.gov/healthcareinsuranc/healthcare/plan-information/guides](http://www.opm.gov/healthcareinsuranc/healthcare/plan-information/guides).



free or very low-cost maternity coverage, including delivery.

When it comes to health and dental plans, many federal workers use the same plan for both. Francis said while that works for some, during open season it's a good idea to check if more savings could be realized by splitting dental and medical coverage into separate plans. As always, he said, check with one's doctor and dentist to see if

See Health A-4

**RELATED STORIES**  
• More Health columns are on pp. B-6 through B-7.





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# LAO helps troops, family members, retirees

**GISELA PARENT**  
Chief, Legal Assistance  
25th Infantry Division

Being in the Army or being a dependent of someone in the Army creates unique challenges.

This fact is particularly true in Hawaii, where Soldiers and spouses are usually separated from their extended families and sometimes leave behind issues that can't be easily addressed due to distance.

The Army does its best to provide services to ease the transition to a Soldier's new Pacific home. One of those services is free legal help through the Schofield Barracks Legal Assistance Office, or LAO.

The LAO offers free legal services and advice to all active duty service members and their families and retirees. It provides legal services and advice on a wide variety of civilian legal issues, including, but not limited to, divorce, custody, debt collection, landlord-tenant issues, wills and health care powers of attorney. In addition to its attorney services, the LAO provides powers of attorney and

notary services on a walk-in basis.

Unfortunately, LAO attorneys are unable to represent clients in civilian courts. Therefore, some clients will be advised to protect their interest by hiring civilian counsel. However, depending on the complexity of the issues, the LAO attorneys may be able to assist by writing demand letters, making phone calls, researching an issue or taking other actions, as necessary.

The LAO also offers legal advice on military-specific issues, including these:

- Financial Liability appeals.
- General Officer Memorandum of Reprimand rebuttals.
- OER/NCOER appeals.

The LAO understands these issues are time-sensitive and works to ensure all clients are seen and assisted in a timely manner.

Rest assured, you also have confidentiality with the LAO. When a client sits down with an attorney, he forms an attorney-client relationship that includes privilege, meaning everything said in the appoint-

ment will be kept confidential. This privilege extends to the paralegals and administrators of the LAO.

To ensure the attorneys are able to prepare for clients, paralegals will request that clients fill out a detailed client intake sheet. Paralegals may also make additional inquiries and ask probing questions to ensure that clients are eligible to be seen, and that they are matched with the best attorney for the issue.

Since confidentiality extends to all the LAO staff, clients are encouraged to be honest and forthcoming, so they can receive the best possible service. No part of a client's file or consultation will ever be made available to the command or to any other party.

While the LAO will never divulge client information to a command, it often works with commands to create preventative law briefings or other programs to facilitate mission readiness. Whether it's setting aside a day for a company to draft wills or speaking to a group of Soldiers about consumer is-

sues, the LAO is always happy to assist commands with readiness and morale.

Due to the huge demand for services, the Schofield Barracks Legal Assistance office has implemented policies in order to assist the largest possible number of clients:

**Appointments:** Appoint-

See **LEGAL A-5**



## CID warns of carjacking scam, offers holiday tips

**ARMY NEWS SERVICE**  
News Release

QUANTICO — The U.S. Army Criminal Investigation Command, commonly referred to as CID, is warning the greater Army community about a new carjacking scam targeting unsuspecting holiday shoppers.

CID special agents were recently alerted through law enforcement channels about a new ploy, where criminals use the lure of free cash as a distraction.

The crime provides crooks a window of opportunity to swoop in and rob an unsuspecting victim of their belongings, including their vehicle.

"What we've heard is criminals will place a \$100 bill, usually on an individual's windshield under the wiper blade, and while the victim is distracted and gets out to retrieve the cash, the criminals use the element of surprise to approach the vehicle and rob the victim of their belongings and car," said Special Agent Mark Kerr, a CID agent with Headquarters, Army CID. "It's the perfect distraction during the holiday season, because everyone could use a little extra cash, especially if it's free."

According to the state of Maryland's



Attorney General's Office the scam, initially reported to Prince George's County law enforcement, has the potential to spread throughout the country. However, steps can be taken by the public to ensure their safety to combat this scam.

Kerr said that should anyone discover money on their vehicle, to quickly move to a safe, public location and to notify law enforcement or security personnel immediately. Lock your doors and do not get out of the vehicle to retrieve it.

The following CID recommended safety tips are provided to help ensure

the greater Army community has a safe and secure holiday season:

- Have your keys in hand when approaching your vehicle. Check the back seat and around the car before getting in.
- Park in well-lit areas and as close to the store as possible.
- Avoid becoming an easy target for thieves by not purchasing more than you can safely carry.
- Plan ahead by taking a friend with you, or ask a store employee to help you carry your packages to the car. If leaving a store late at night, and by yourself, ask security to walk you to your car if you feel threatened.
- Wait until asked before taking out your credit card or checkbook. An enterprising thief would love to "shoulder surf" to get your account information.
- Do not leave packages visible in your car windows. Lock them in the trunk or, if possible, take them directly home.
- Deter pickpockets. Carry your purse close to your body or your wallet inside a coat or front trouser pocket.
- Tell a security guard or store employee if you see an unattended bag or package. The same applies if you are using mass transit.

•If you are shopping with children, make a plan in case you get separated. Select a central meeting place and make sure they know they can ask mall personnel or store security employees if they need help.

•Always be alert and aware of your surroundings and do not blindly walk in public areas focused on your phone.

"It's crucial that Soldiers, civilians and family members protect themselves throughout the holiday shopping season," Kerr said. "Having a plan in the event of an emergency and being aware of your surroundings is the best way to keep from becoming a victim."

(Note: Information from CID Public Affairs.)

### Crimefighters

For more details on CID or to report a felony-level crime or provide information concerning a crime, contact your local CID Office or the Military Police, or visit [www.cid.army.mil](http://www.cid.army.mil).



## FOOTSTEPS in FAITH

# Four ideas help all to be positive in a negative world

**CHAPLAIN (CAPT.) RYAN MORTENSEN**  
2nd Battalion, 11th Field Artillery  
Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division

Every day we experience the assault of negativity.

If we watch the news, we see the fluctuating stock market, the fighting of global terrorism and the increase of domestic violence.

While standing in line at a grocery store, we can read tabloids filled with the latest gossip that consists of tearing somebody down because of what they wear, how they look or what they have done.

At work, if we listen closely enough, we will probably hear our colleagues gossiping about fellow friends and possibly even the U.S.!

Although the above elements can increase our negativity, the greatest impact may occur when things do not go according to our plan. When plans fail,

we oftentimes focus on this one question, "Why is this happening to me?"

It is too easy to get down on ourselves and become part of the problem and feed the fire of negativity with self-pity, worthlessness and self-doubt.

All of this raises the question: How can we become positive people in a negative world?

Look at these four ideas.

•**First**, build a secure foundation on your faith: a positive belief system. For example, I put my faith in Christianity, drawing my security and positive thinking from the teachings of the Bible (Matt. 6:24, Luke 12:24-25, Philippians 4:6, and Romans 5:3). How about you? How do you see the world? Where does your security come from?

•**Second**, try switching your focus from negative thoughts to nurturing positive thoughts. The mind is the ultimate battlefield!



Mortensen

Look at your difficult situation as an opportunity to find joy and a chance to reinvent yourself. Maybe you have experienced the disappointment of being passed over for promotion, or not receiving an assignment you were betting on, or maybe you received a pink slip out of the blue.

Instead of focusing on the closed door, take a step back and look at the big picture and seek out possibilities rather than impossibilities. Use your negative experiences and transform them into positive learning experiences.

Easier said than done, I know. However, our faith will help transform our thought process.

Do you believe opportunities and good fortune can come your way?

•**Third**, we must follow positive thinking with positive actions. Tracy Brinkman of Brinkmann and Associates wrote, "Harvard and Stanford Universities have reported that 85 percent of the reason a person gets a job and gets ahead in that job is due to attitude, and only 15 percent is because of technical or

specific skills." Amazing!

Those who demonstrate an outward positive attitude create more opportunities for success. Does this surprise you?

Positive people can ease the stress of a job, and working for a positive boss will allow people to thrive and not merely survive in the workplace. Do you believe that your attitude helps or sabotages your life plans and the plans of others?

•**Fourth**, positive thinking requires persistence and resilience. When our faith and our patience are tested, we may become negative and think about quitting; however, we must persevere. If you fall, get back up again.

Philippians 3:13 states, "... I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead."

Renew your faith. Practice positive thinking. Act on it, and you will become a positive person beaming light into a negative and dark world.

Keep shining!

## Voices of Ohana

This holiday season, "Don't Be a ByStander — Take A STAND!"

How do you support safety during the holidays?

2nd Stryker Brigade Combat Team, 25th Infantry Division



"I travel with a battle buddy. We have a plan to ensure we both make it back to base safely."

**Pfc. Bryan Caldwell**  
Tactical data systems specialist,  
3-7th FA Regt.,  
3rd BCT, 25th ID



"I encourage designated drivers when Soldiers or civilians go out for the evenings."

**Sgt. Kael Garrey**  
Infantryman,  
1-27th Inf. Regt.,  
2nd SBCT, 25th ID



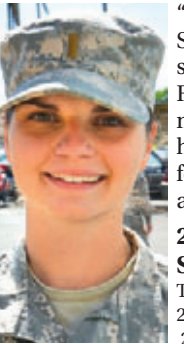
"I visit my Soldiers who stay in the barracks. I invite them to my home if they don't have anywhere to go."

**Staff Sgt. David Lee**  
Cavalry scout,  
2-14th Cav. Regt.,  
2nd SBCT, 25th ID



"I ensure my Soldiers have a plan, a back-up plan to go along with that plan, and an up-to-date call roster."

**Sgt. Marvin McBride**  
Btry. B,  
2-11th FA Regt.,  
2nd SBCT, 25th ID



"I ensure my Soldiers have somewhere to go. Risky decision making is not having a guiding force like friends and family."

**2nd Lt. Molly Sevcik**  
Transportation,  
225th BSB,  
2nd SBCT, 25th ID



# I Corps seeks to provide 25th ID with more support

**MASTER SGT. PETE MAYES**  
Information Operations  
25th Infantry Division

SCHOFIELD BARRACKS — All Army divisions need a corps to support them, and I Corps wants to be that support element for the 25th Infantry Division, according to its deputy commanding general of operations.

Brig. Gen. Carl Turenne made those remarks as he observed Jungle Operations training at the Division’s Lightning Academy during a visit to the island of Oahu this past week.

“The training that is being done here is awesome. It is a huge sustain for the unit,” Turenne said. “I Corps wants to help (the Division) achieve its missions and training goals, and we are committed to doing all we can to enable them to be successful.”

The general spent time visiting the “Tropic Lightning” Division, as well as the U.S. Army-Pacific Command (USARPAC) leadership, Nov. 20.

The visit to the Lightning Academy was a highlight of the visit, as Turenne observed a “Jungle in Action” demon-

stration presented by the Soldiers of the Jungle Operations Training Course.

**Leadership factory**

The academy is viewed as a “leadership factory,” said its commander, Maj. Andrew Lyman. Its various schools allow the division’s regional partners a means to engage in strategic partnership that is vital to the mission, he said.

During a command briefing, division leadership focused on several issues where they believed the corps could lend support. Those included having a sustainment brigade that is organic to the division and limited use of training ranges on Oahu.

They also discussed Maj. Gen. Charles Flynn’s dual role as commander of both the division and U.S. Army-Hawaii, especially as it relates to planning training exercises and future missions in the Pacific.

“The general wears two hats and often has to be in two places at the same time,” said Col. Donald Brown, division operations officer in charge. “An ex-

ample of that was the Tiger Balm exercise, here, and the Talisman Saber exercise in Australia. Both require Maj. Gen. Flynn’s presence, but are scheduled at the same time. De-conflicting these events on the long range calendar is an example of where we can use the corps’ help.”

Turenne agreed, saying he wants to ensure that both the division and the corps are “rowing in the same direction.”

**Training, other issues**

Live-fire and training-to-range standards exercises are limited due to land and environmental issues on the island. As a result, much of the training has to take place on other islands in the state.

To cut down on spending costs, Flynn proposed building a 10,000 square foot runway on one of the ranges to allow C-17 planes a place for transporting Soldiers and equipment to the Big Island to train, instead of relying on commercial airlines.

Lt. Col. Scott Peachey, I Corps liai-



Staff Sgt. Tramel Garrett, 25th infantry Division Public Affairs

**Sgt. 1st Class Justin Holt (center), Lightning Academy, briefs Canadian Brig. Gen. Carl Turenne, I Corps DCG-O, on the “Jungle in Action” demonstration.**

son to USARPAC, said the division is considered the “strategic nexus of the Pacific.”

“Providing mission control in this

theater is crucial. We need to be the best partner we can be to the division in order for them to be able to do what they are supposed to do here,” he said.

# First Hawaii-taught master resiliency trainer class graduates

Photo and story by  
**STAFF SGT. SEAN EVERETTE**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Resiliency is a relatively new buzzword in the Army, only really becoming a common term within the past five years or so.

The Ready and Resilient Campaign, launched in early 2013, really brought the concept as it relates to Soldiers to the forefront.

The Army has been training master resilience trainers as fast as it can, but Hawaii units have either had to send leaders off-island to take the training or bring mobile training teams here.

That is no longer the case. The first master resiliency training class taught by local instructors graduated Nov. 21.

“Right now, we are one of five installations able to do this on our own without having to bring people in or



**NCOs participate in a class lecture as part of the first MRT class to be taught by instructors local to Hawaii. Previously, MRT training required MTTs or distant travel.**

send people TDY (temporary duty),” said Maj. Christopher Haynes, the 25th Infantry Division master resilience trainer and purveying medicine officer. “For the past year and a half, we’ve

been working on creating the correct level of instructors, so we can conduct this training ourselves.”

Sgt. 1st Class Dustin Olverson, a motor sergeant from 3rd Battalion, 25th

Aviation Regiment, 25th ID, attended the class and believes resiliency is a much-needed skill in today’s Army.

“This course is not only going to make you a better leader,” he said, “but will enhance your character strengths and your ability to lead your Soldiers through tough times, deployments, family issues and day-to-day life.”

Maj. Gen. James Pasquarette, former director of the Comprehensive Soldier and Family Fitness Center and current deputy commander, U.S. Army-Pacific, spoke to the class the day before graduation and broke down the basics of what the course is about.

“Resilience is about two things,” he said. “No. 1, it’s about problem solving. No. 2, it’s about relationships. The intent of the program is to make everybody better than they would be without the training. The theory is, and the science is, that resilience can be taught

and can be improved. That’s what this class has been about. We give you these skills, so you can teach them to Soldiers and improve everybody in your company or unit.”

The first class graduating comes just as U.S. Army-Hawaii is kicking off its new “Don’t Be a BySTANDer! Take a STAND!” campaign aimed at highlighting and preventing the 4 Ss: substance abuse, sexual assault, suicide and safety violations. Resilience plays a big part in the new campaign.

Haynes also said that, ultimately, it boils down to improving our Soldiers.

“The more resilient our Soldiers are, the faster they will recover from negative events, giving us more time to complete our mission,” he said.

**RELATED STORY**  
• See Take a STAND! on p. A-5.

# TDY rate for long-term per diem changes for savings

**CLAUDETTE ROULO**  
DOD News, Defense Media Activity

WASHINGTON — New long-term temporary duty per diem rules that went into effect Nov. 1 will save the Defense Department about \$22 million annually.

Long-term TDY is considered to be any temporary duty longer than 30 days.

“So, for travel from 31 to 180 days, you will receive a flat-rate per diem of 75 percent. For travel greater than 180 days, you will receive a flat-rate per diem for 55 percent,” explained Harvey Johnson, director of the Defense Travel Management Office.

Johnson said the changes are meant to give long-term TDY travelers an incentive to seek out extended-stay lodgings, which generally are less expensive. Before this change, the Joint Travel Regulations encouraged travelers on extended TDY to seek out this type of lodging, but there wasn’t a requirement or incentive to do so.

Changes apply to all three parts of per diem

The reduced per diem rates apply to all three parts of the per diem – lodging, meals and inci-



dentials – he noted, and apply equally to civilian and military personnel.

Travelers who are authorized the flat-rate per diem no longer have to submit a lodging receipt, but before they’re reimbursed, a receipt may be needed to validate that lodging costs were incurred. Staying anywhere for free or buying a home at the TDY location will make a traveler ineligible for the flat-rate per diem payment.

“Several other federal civilian agencies already implement similar policies,” Johnson said. “Some are even more restrictive than ours.”

The changes are simply meant to recognize that long-term stays are different from short-term TDYs, he noted.

Many of the conveniences available at extended-stay hotels can save money for travelers, and in turn, for DOD, Johnson said.

“They offer the kitchenettes, the sink, the refrigerator – recognizing that people aren’t eating out at an expensive restaurant every day, three meals a day,” he explained. “And I believe that’s vital in this environment of sequestration and other external factors that have brought this on.

So, we’ve got to make sure that people are traveling smarter and more (efficiently).”

**Options if additional costs arise**

Johnson said travelers still have options if they are unable to find extended-stay lodging within a reasonable distance of their duty location, or if additional costs arise, such as a rental car.

“You can work with your approving official to do actual-expense authorizations, which allows you to go above the flat-rate per diem to 100 percent, if needed,” he said.

And at no time should travelers end up paying out-of-pocket for authorized TDY expenses, Johnson said.

“The intent is to do no harm. The intent is to ensure that we’re finding affordable travel solutions,” he explained.

While acknowledging that these changes may feel like a pay cut to some travelers, Johnson said it’s important to recognize that per diem payments aren’t meant to serve as an extra pay.

“It’s not a hardship pay; it’s not a supplemental pay. It’s a travel allowance,” he said, “and a travel allowance is designed to reimburse travelers for expenses incurred. We are looking to fairly reimburse travelers for actual expenses in-



curred. If that means that it’s over the flat per diem rate, then we will reimburse up to whatever it was that they spent.”

## SRT: Unpredictable situations call for special reactions

CONTINUED FROM A-1

few months, the SRT troops involved in this training executed the mission flawlessly, said Master Sgt. Matthew T. Ivacic, the non-commissioned officer in charge of the unit’s Law Enforcement Division.

He said these situations are very real possibilities, making training through scenarios critical to readiness and cohesive action.

The members build those skills by training at different locations with a variety of unpredictable scenarios that incorporate

both the action the SRT executes and the planning and coordination of all the other moving pieces involved in these situations.

Synchronization falls to the officer in charge of Incident Command, a temporary home base set up not far from the incident’s location.

For this training’s scenario, Capt. John Fernandez-Rubio, 13th MP Det., 728th MP Bn., served as the OIC and demonstrated no hesitation in taking charge.

Fernandez-Rubio, who is also the Schofield Barracks Provost Marshal Office

station commander, works behind the scenes with the different emergency responders and organizations involved, constantly employing his experience as station commander.

“We were definitely in a groove and knew what needed to happen,” he said about his team’s initial response to the scene. “It’s a learning experience, and we’re always refining it.”

Scenario-driven training like this increases the team’s readiness and ability to rapidly respond if incidents like this happen.

## Cav.: Troops refresh skills for deployment

CONTINUED FROM A-1

helicopters, is one thing this regiment does very well,” Gonzalez said. “This training is incredibly helpful to the 25th ID supporting the Pacific area of responsibility.”

While on the Big Island, Soldiers were tested with live-fire exercises, reconnaissance and security. In addition, petroleum specialists set up mobile gas stations to ensure every Soldier had the opportunity to sharpen his military occupational specialty and common skills tasks.

“We had the ability to train at several different locations, in Hawaii, over water and land in a similar operations environment that we encounter in Korea,” said Maj. Mark Fulmer, 2-6th Cav. operations officer in charge.

“Our ability to react here allows us to go out and do the humanitarian assistance and disaster relief throughout the Pacific in support of U.S. Army-Pacific,” Fulmer continued. “In Korea, we will be able to do the same operations tactically.”

## Health: FSAs, TRICARE among options for med costs

CONTINUED FROM A-1

those plans are accepted.

Francis also suggested a Flexible Spending Account for expenses that health, dental and vision plans don’t cover, or even to pay

co-pays on existing insurance.

Many federal workers are also military retirees who are covered by TRICARE. For them, Francis said, TRICARE “is a better deal on cost (premium, plus out of pocket) than any FEHB plan.”

Additionally, Francis disagreed with one participant in the chat who suggested that FEHB plans were getting more “stingy.”

*(Editor’s note: Learn more about selecting health care options online at [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).)*



# ‘Take a STAND!’ for safety

DIRECTORATE OF INSTALLATION SAFETY  
U.S. Army Garrison-Hawaii

Safety is one of the four topics under the new “Take a STAND!” campaign.

“Safety violations, like drinking and driving, are preventable by those willing to “Take a STAND!’ and make good choices,” said Bill Maxwell, garrison safety specialist.

He recounted the following actual event. The names and other details were withheld.

**Actual Event**

Subject #1 and Subject #2 make plans to go to Waikiki, explore and have a good time. They decide that Subject #1 is going to be the designated driver so that Subject #2 can drink. It is a solid plan when they depart post.

They are using Subject #2’s vehicle, so he drives the two of them down. Subject #1 will drive them home.

Subject #1 and Subject #2 are in a local Waikiki night club, when Subject #1 meets a girl. Sub-



File photo

**Never drive while under the influence. It’s always a good idea to have a plan — and a back-up plan — to avoid bad incidents.**

ject #2 continues to enjoy his night of drinking.

Subject #1 and the girl hit it off; things are going great. However, one thing leads to another, and Subject #1 leaves the night club with the girl, leaving his buddy.

As the evening winds down, Subject #2 is unable to locate Subject #1. Subject #2 realizes that he still has the keys to his vehicle and makes the decision to drive back to base after consuming too many beverages at the night club. He is then pulled over by the Honolulu Police Department, apprehended and processed for operating a vehicle under the influence of an intoxicant.

**Bad choices**

There were several bad choice that were made.

First, the subjects failed to have a back-up plan in the event they got separated, boy met a girl, etc. Also, the following were overlooked:

Subject #1 failed his buddy by deciding to leave with the girl, not telling his buddy where he was going. Most importantly, he never got the keys from his buddy.

Subject #2, not having a back-up plan, decided that he was “good,” and he could drive home.



“This is a great example of how to “Take a STAND!,”” said Sgt Maj. Veronica Regalbuti, senior enlisted adviser, Directorate of Emergency Services.

“Have a plan, then have an alternate plan for possible changes in the evening. Don’t leave your battle buddy, and definitely don’t leave the keys with them if they have been drinking.”

If all your plans fail, before you make the decision to drive, there is a Military Police Substation at Fort DeRussy, near the Hale Koa.

“Go there and the MPs will call your staff duty and help you get home before you make the wrong choice,” said Regalbuti.

**Points of Contact**

Call for help at these numbers:

- Fort DeRussy: 438-2650.
- Fort Shafter: 438-7114.
- Schofield Barracks: 655-5555.

## Substance abuse as seen from my foxhole

**SPC. TANIAH L. BURFORD**  
311th Signal Command (Theater)

FORT SHAFTER — Soldiers are not immune to the substance abuse problems prevalent in our society.

While illicit drug use is lower among U.S. military personnel than among civilians, heavy alcohol use, tobacco and especially prescription drugs are much more prevalent and on the rise among all of the armed services.

Some abuse can be attributed to the stresses of deployments, direct and indirect combat, and ineffective leadership. The unique culture and high stress environment of the military that we experience also contributes to this trend.

Leaders find it difficult to identify and treat substance abuse within their ranks due to zero tolerance, shame and lack of established unit policies. Soldiers tend to avoid seeking treatment and help due to the lack of confidentiality others have experienced in the past.

Now, more than ever, involved leaders, co-workers, friends and Soldiers must “Take



a STAND!” to help change our culture and spread the word about the Army’s new efforts to help all Soldiers and their families.

The Army must fervently identify those at greatest risk of developing substance abuse problems and provide the help that they desperately need. Tolerating or knowing your battle buddy has an issue, but doing nothing about it, is no longer acceptable. By using assertive tact and words of conviction and care

when engaging our teammates, we can guide afflicted Soldiers to enter the Army Substance Abuse Program (ASAP).

ASAP is an outstanding solution to help combat substance abuse on many levels. The goal is to strengthen the overall fitness and effectiveness of the Army’s workforce and to conserve manpower and enhance combat readiness of Soldiers.

This resource, and devoted teams of caring Soldiers at the Army and unit levels, is dedicated to combating this widely misunderstood problem.

*(Note: Burford works in Personnel at 311th Signal Command.)*

**What is substance abuse?**

Generally, it can be defined as overindulgence in, or dependence on, an addictive substance such as alcohol or drugs.

It is important to note that drugs are not the only substances prohibited by the armed forces. Mood-altering matter, such as inhalants, solvents, caffeine, tobacco and more can be abused.

Abuse is a harmful usage pattern of any mood-altering substance that can

be directly or indirectly linked to frequent and serious problems.

Unfortunately, these problems negatively impact individual and group performances at school, work and home. Due to the serious impacts of their actions, many substance abusers have trouble with the law or authority figures.

Visit [www.acsap.army.mil/index.jsp](http://www.acsap.army.mil/index.jsp).

## Legal: Confidential support available

CONTINUED FROM A-2

ductivity of the appointment, clients are asked to come prepared with any documentation relevant to their case, such as a written lease agreement or vehicle purchase contract. Due to the short appointment time, clients who are more than 10 minutes late are considered no-shows and will be asked to reschedule.

**Divorce Brief:** All clients seeking advice about divorce or separation must first attend a divorce brief, conducted every Tuesday and Thursday at 1:30 p.m. at the LAO office. The brief covers processes specific to Hawaii, but also touches on general divorce law and military-specific issues. No appointment is necessary.

**Walk-ins:** The LAO offers walk-in appointments every Tuesday and Thursday. With the exception of clients who must first attend the Divorce Brief, all other eligible clients may attempt to get a same-day appointment. We advise that clients come prepared and arrive early to secure a spot on the calendar.

**Limitations:** Unfortunately, the LAO is unable to assist with certain areas of the law, including criminal law issues, employment law and advice regarding private business activities. There may also be limitations imposed according to the nature of the service sought or the types of services necessary to resolve the issue.

In some cases, clients will be advised that their best course of action is to hire civilian counsel.



NEWS Briefs



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Raising Cane Awareness

— The Department of Human Services Vocational Rehabilitation Division is holding its 22nd Annual White Cane Safety Awareness Day Walk, 10 a.m., at the State Capitol Rotunda, today. The sighted public is encouraged to participate. Due to Tropical Storm Ana in October, the annual event was rescheduled.

The Hawaii event is organized by the DVR Ho`opono Services for the Blind, which offers community members comprehensive and specialized services free of charge, regardless of race, color, national origin, sex, age, religion or disability.

Call 586-5271 about the walk.

The Ho`opono Rehabilitation Center for the Blind is located at 1901 Bachelot Street, Honolulu. Call 586-5269.

For more information about the DHS Division of Vocational Rehabilitation, visit [www.humanservices.hawaii.gov/vr](http://www.humanservices.hawaii.gov/vr).

Military Roth

— If you are an active duty member of the Army, Air Force, or Navy, making dollar-amount Roth contributions to your TSP account, these deductions will stop on Jan. 31, 2015, unless you act. Visit <https://www.tsp.gov/what-snew/plan/planNews.shtml#dfas>.

Holiday Schedule

— Time is short for mailing deadlines. See the U.S. Postal Service news release from the Nov. 28, with remaining mailing dates, at [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).

7 / Sunday

Ceremony

— A Flying V ceremony takes place at Fort DeRussy, 4 p.m., to remember the sacrifices of the Soldiers and families stationed at Schofield Barracks and Wheeler Army Airfield during the Japanese attack of 1941.



8 / Monday

Benefits Season

—The federal medical benefits open season closes today. What are you waiting for?

Information related to benefits options, such as health, dental or vision insurance coverage for employees and family members, may be found at [www.opm.gov/healthcare-in-surance/open-season](http://www.opm.gov/healthcare-in-surance/open-season).

15 / Monday

Change of Responsibility

— 18th Medical Command (Deployment Support) will hold a change of responsibility ceremony at 10 a.m. Command Sgt. Maj. Alexis A. King will relinquish responsibility to Command Sgt. Maj. Thomas Wrighton Jr. Call 438-5938.

Ongoing

Volunteers Wanted

— The Tropic Lightning Museum, Schofield Barracks, is looking for volunteers who are available one or two days, Tuesday-Friday, and able to commit three to six hours a week on a reoccurring basis.

Volunteer projects vary and may include researching, scanning, data input and visitor services. Space is limited.

Call the museum curator at 655-0438 for more information about volunteering at the museum.



Brian R. Melanephy, 9th Mission Support Command Public Affairs

HONOLULU — The color guard of the 100th Battalion, 442nd Infantry Division, come to attention for the singing of the national anthem at the state capitol for Gov. David Ige's inauguration ceremony, Monday. Normally a function of the Hawaii Army National Guard, Ige personally requested the 100th — the only infantry battalion in the U.S. Army Reserve — because his father served in the historic battalion. The unit has Soldiers in Hawaii, American Samoa, Guam and Saipan.

Traffic Report



Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).

Today

AMR Closures

— Aliamanu Drive will be completely closed, 8 a.m.-4:30 p.m., between Okamura and Rim Loop, until Feb. 2, 2015.

8 / Monday

Wili Wili

— There will be a one lane closure, 8 a.m.-3:30 p.m., 200 feet north of the entrance to Wili Wili housing,

until Dec. 12. The area north of Wili Wili and old Airdrome Road will be restricted to one lane traffic.

Water Outage

— A Fort Shafter maintenance and repair project to install a water meter on the golf course requires a 6-hour water outage, Monday and Tuesday, 8:30 a.m.-2:30 p.m., affecting nearby housing tenants and the golf course. Water will be restored at the end of both days.

10 / Wednesday

Palm & Patton Parking

— There will be special parking at Fort Shafter's Patton parking lot, from 6 p.m., and modified traffic on Palm Circle, Thursday, 9 a.m.-

2 p.m., for a ceremony.

12 / Friday

Ho Ho Ho

— The garrison and division hold the 2014 Jingle Run, 6-8 a.m., from Weyand Field, dashing through the palms up Trimble Road to the Mission Training Complex and back. Call 655-4756.

15 / Monday

Island Demo

— Demolition begins on of the concrete island at Glennan Street and re-striping of Waianae Avenue. Waianae between Gorgas and Dawson roads will be closed until Dec. 17; additional closures to follow.



## PAU HANNA

"When work is finished."



Above is the winning card submitted by the 1st Bn., 14th Inf. Regt., 2nd SBCT, 25th ID, at Schofield Barracks.

(Photo has been altered from its original form; background elements have been removed.)



Photo courtesy of Army Community Service, Hawaii

Above is the winning card submitted by the Farrington High School JROTC at Fort Shafter.

# Season's greetings from Holiday Card Lane

Story and photos by  
**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — Sir Henry Cole is often credited with starting the Christmas card tradition, in 19th century England, when he commissioned artist John Callcott Horsley to illustrate a card depicting a family raising a toast to the card's recipient.

Since then, Christmas cards have become firmly rooted in American culture by spreading the joy of the holiday season to loved ones who are far away.

Traditions are especially important for the Army community because they provide stability and a sense of community.

U.S. Army Garrison-Hawaii has put its own spin on the Christmas card tradition with its annual Holiday Card Lane. Instead of regular postage-sized cards, Holiday Card Lane cards are made of 4-foot by 8-foot plywood sheets that are on display on the grass median across from the U.S. Post Office on Schofield and on the grass median across from the Fort Shafter Library on Fort Shafter until Jan. 5, 2015.

"I think it does pull together the community and promote a feeling of camaraderie and fellowship," said Shawna Hall, president of

Hui O Na Wahine, the Schofield spouses'

club. "I notice that people do stop to look at the cards, and it does look nice on post.

"It's especially good to have something like this to celebrate the holidays because it's so warm in Hawaii," she added.

Hui O Na Wahine's Holiday Card Lane card features photos of the club's members participating in various community events.

All of the cards submitted by Monday were entered into a contest for Best Holiday Card. This year's winning card for Schofield Barracks — created by the 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division — was on display at the Schofield Barracks Christmas Tree Lighting ceremony on Tuesday.

The Farrington High School Junior ROTC program created the winning card for Fort Shafter.

"We are very pleased to win," said Sgt. Maj. Mark Eckstrom of the 1-14th Inf. Regt. "We really just wanted to participate, but are glad we were able to win."

The 1-14th Inf. Regt.'s card prominently features the 1-14th's "Golden Dragons" insignia, as well as the logos of its various companies and units alongside an image of Santa. Eckstrom said the card was the same one the 1-14th Inf. Regt. had placed on last year's Holiday Card Lane, but it did not win at that time.

"We did tweak it a little bit this year, because we have a new company assigned to us, so we added their plaque to the card," he said. "So, maybe it was the 'Grizzlies' that gave us the edge."

The 1-14th's G Company is known as the Grizzlies. The Golden Dragons' moniker is a historical reference to the Boxer Rebellion in China, because it was said that the 1-14th fought like golden dragons, Eckstrom said.

The Farrington High School JROTC's card featured "Merry Christmas" in 17 different languages.

"We didn't expect to win," said Farrington High School senior Yva Currimao, the school's JROTC operations officer who designed the card. "But we noticed that our school is full of different languages, so we decided to incorporate all of the languages on the card to show our diversity."

Retired Lt. Col. David A Carlson, the senior Army instructor at Farrington, said he served in the 25th ID from 1986-1992, and he remembers entering Schofield Barracks during the holidays and seeing dozens of cards decorating Holiday Card Lane.

"Every Christmas we would pull in, and there would be 20

## Winners

The winners of the 2014 Holiday Card Lane follow:

- 1st Bn., 14th Inf. Regt., 2nd SBCT, 25th ID at Schofield Barracks.
- Farrington High School Junior ROTC program at Fort Shafter.

cards that all of the units had made and everyone loved it," he recalled. "Not as many of the units do it anymore, and I wish they would. We need more units to take the time to make a card and spread the spirit of the season."

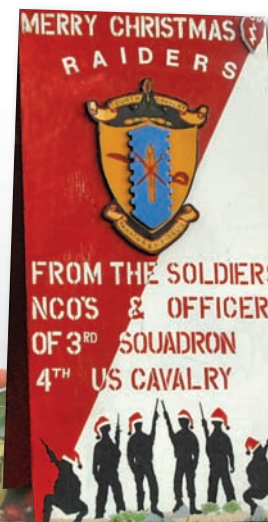
When he returned to Hawaii to teach at Farrington in 2004, he said, it was on his mind to have the school's JROTC create a card for the Holiday Card Lane.

Other Holiday Card Lane participants chose to go a more humorous route.

The 3rd Bn., 7th Field Artillery Regt., 3rd Inf. BCT, 25th ID's card shows Santa launching Rudolph out of a cannon. Field artilleries support armies in the field through the use of mobile weapons, such as cannons.

"We just wanted to wish the community happy holidays," said Sgt. Christopher Shaw of the 3-7th FA.

There were fewer cards on display this year than in years past, according to Deana Lein, event coordinator for Holiday Card Lane, but even though the Holiday Card competition is over, units and organizations that need more time to finish their cards still have until Jan. 5, 2015, to display their cards.



# 30th annual Honolulu City Lights opens in town, Saturday

## Opening day activities include parade, festival

**FRIENDS OF HONOLULU CITY LIGHTS**  
News Release

HONOLULU — Honolulu City Lights (HCL) will celebrate three decades of tree lightings and holiday fun, 6:30 p.m., Saturday, Dec. 6, at

Honolulu Hale (city hall).

Highlights of the event include the Electric Light Parade through Chinatown and downtown past Honolulu Hale; the illumination of a 50-foot Norfolk Pine tree covered with large versions of the signature ornaments sold by the Friends of Honolulu City Lights; and a festival beginning at 4 p.m., at the Civic Center, next to Honolulu Hale, which includes food

booths, keiki rides, entertainment and souvenir stands.

This family-friendly event includes the all new Enchanted Forest home for Santa in the Honolulu Hale courtyard, along with a display of 24 Christmas trees decorated by city employees, plus a public wreath contest exhibit.

Early arrival is recommended, between 4-5 p.m., for parking in the Civic Center parking garage with entrances off Alapai and Beretania streets.

## Schedule of Events

Here's a look at events:

•**4 p.m.**, Food booths, keiki rides and souvenir stands open on the grounds of the Civic Center. Friends of Honolulu City Lights will be selling 20 different ornaments from 2000-2014

that are represented on the big tree.

•**6 p.m.**, Mayor's tree lighting Ceremony begins on the front steps of Honolulu Hale and features Emme Tomimang, one of the original HCL emcees, who returns to emcee the 30th year opening ceremonies. Also, enjoy a musical performance by the Kamehameha Middle School Choral Group.

•**6 p.m.**, Public Workers Electric Light Parade begins at Aala Park and proceeds down King Street. Macy's will welcome "Hello Kitty" as a special parade participant.

•**6:30 p.m.**, Mayor and guests illuminate the City's 50-foot Norfolk Pine tree decorated with huge versions of the event's ornaments created since 2000, plus candy and bows. The tree lighting will trigger a "corridor of lights" in downtown Honolulu.

See LIGHTS B-3

## About HCL

Honolulu City Lights is sponsored by the City and County of Honolulu in partnership with the Friends of Honolulu City Lights, a nonprofit organization dedicated to bringing holiday joy to local families and visitors through its annual monthlong celebration on the grounds of Honolulu Hale and Civic Center.

HCL admission is free and open to the public.

## HCL Broadcast, Online

Watch all the festivities broadcast live on Dec. 6:

- Olelo 54 at 6 p.m.
- Olelo 53 at 7:30-10 p.m.

Honolulu City Lights goes social at [www.honoluluclcitylights.org](http://www.honoluluclcitylights.org), on Facebook @honoluluclcitylights and on Instagram @honoluluclcitylights.



Courtesy photo

The 2014 Honolulu City Lights Tree Lighting Ceremony takes place 6-11 p.m., Saturday, at Honolulu Hale. The event will include food booths; an electric light parade, which features "Hello Kitty" and begins at Aala Park, continuing down King Street; music by Willie K; and much more.





Briefs

6 / Saturday

**Adventure Bike** — Join Outdoor Recreation for a bike tour along the Pearl City and Pearl Harbor waterways. Outdoor Recreation will provide the transportation, bikes, helmets and guides. Cost is \$20/per person for this family adventure. You bring the snacks, water and sunscreen. Ages 10 and up welcome. Call ahead for bike size information at 655-0143.

7 / Sunday

**Pins & Pancakes with Santa** — Come out and bowl with Santa, 10 a.m.-1 p.m., at the SB Bowling Center. Each child in attendance will make Christmas ornaments with Santa and receive a special gift. Costs \$10/per person and includes buffet of pancakes and two games of bowling. Call 655-0573.

9 / Tuesday

**Holiday Mosaic Workshop** — Make a one-of-a-kind keepsake with SB Arts & Crafts Center. Classes will be held 5:30-7:30 p.m., Tuesday nights, Dec. 2, 9, 16 & 23. You must attend all four classes scheduled to complete this project. Learn to plan, design, cut, paint and grout your own creative piece. Workshop costs \$80 and includes all supplies. Call 655-4202.

10 / Wednesday

**Santa at FS Library** — Santa takes time out of his very busy schedule to come to the FS Library, 3-4 p.m. Parents, make sure to bring your cameras to take pictures of your children talking to Santa. Call 438-9521.

**Teen Manga Club** — If you're a teen that's interested in manga, come at 3 p.m. to SB Sgt. Yano Library. Whether you're a manga fiend or just getting into it, come enjoy free semi-monthly manga meetings. Discussions include how to improve the manga collection, sharing of artwork and other activities. For ages 12-17. Call 655-8002.

community  
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

**First Friday Street Festival** — Chinatown area galleries and other arts venues open their doors, 5-9 p.m., each first Friday of the month for artist receptions, live music and refreshments. These events are free and open to everyone and attract tens of thousands of people downtown each year. Gallery walk maps are available at various locations in the area. Call 521-2903.

**Waimanalo Christmas Parade** — Bellows Air Force Station is seeking participants, 9-11 a.m., for the Dec. 13 Waimanalo holiday parade. March or ride alongside Major Standridge, Bellows staff members, fellow guests and their families. Register by noon, Friday, Dec. 5. Sign-up at Turtle Cove or call 259-4112 for details.

6 / Saturday

**Honolulu City Lights Opening Night** — The spectacular 6 p.m. Electric Light Parade begins at Aala Park down King Street and ends at Sky Gate Park next to Honolulu Hale (city hall). The evening festival at Sky Gate features food booths, keiki rides, a tree lighting ceremony, photos with Santa Clause and a holiday

REMEMBERING DEC. 7TH



Courtesy of 25th Infantry Division

**FORT DERUSSY** — A Flying V ceremony takes place, here, at 4 p.m., Sunday, to remember the sacrifices of the Soldiers and families who were stationed on Schofield Barracks and Wheeler Army Airfield during the Japanese attack of 1941.

**Make & Take Christmas Stocking** — SB Sgt. Yano Library hosts keiki of all ages for the making and decoration of Christmas stockings, 3-4 p.m. Some parental assistance may be required. Call 655-8002.

**Keiki Night** — Every Wednesday night is Keiki Night at SB Kolekole Bar & Grill. Kids under 10 eat for \$2.99 from the keiki menu from 5-8 p.m. Call 655-4466 or 438-1974.

12 / Friday

**EDGE Home School Art Program** — SB Arts & Crafts Center hosts CYS registered youth and teens, grades 1-12, for a fun workshop. Create a holiday card for the season. Cost is \$8/per child and includes all supplies. Call 655-9818.

13 / Saturday

**AMR Breakfast with Santa** — Start the day at 8 a.m. with Santa. Reservations are required and can be purchased at MWR Leisure and Travel Services centers. Call 655-0002.

**AMR Winter Wonderland** — Enjoy this annual fun-filled holiday event, 9 a.m.-2 p.m., that includes free play in SNOW (courtesy of FS Hui O' Wahine), free kids' activities, inflatable bouncers and pictures with Santa, Mrs. Claus and their friendly Elves, Frosty the Snowman, Penguin and more at the AMR Youth Gym and

Community Center. Come and write a letter to Santa and receive an answer from the North Pole. Call 655-0002.

**Army-Navy Game** — Watch it on the big screen with surround sound at 7:30 a.m. at SB Tropics Recreation Center.

**Outdoor Recreation's Ocean Splash Day** — Try stand-up paddle boarding, learn how to kayak or experience ocean canoeing, 8:30 a.m.-12:30 p.m. Experience all three water activities for \$65. You bring the sunscreen, water and snacks, and Outdoor Recreation will provide the transportation, equipment and instruction. Ages 10 and up are welcome. Call 655-0143.

Ongoing

**Baby-Sitting & CPR** — SKIES Unlimited offers a free baby-sitting and CPR/first aid course, monthly, for 12-18 year olds. After class completion, students will be added to the SKIES super-sitter referral list. Class participation requires registration by a parent/guardian with Army CYS, Parent Central Services. Register now at 656-9818 for the next sessions: Jan. 7 & 14, 4-7 p.m., baby-sitting. Jan 21 & 28, 4-7 p.m., CPR/

first aid.

**BOSS** — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference. North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday. South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday. Call 655-1130.

**NFL Sunday Ticket** — Don't let living off the West Coast interfere with those East Coast football games. Come to SB Tropics Recreation Center on Sundays and catch all the games. Facility opens half hour before the first game starts. Tropics will also be open for Thursday Night Football and Monday Night Football. Patrons 18 and older welcome. Call 655-5698.

**NFL Sunday Ticket Family Brunch** — Bring the family out and watch all of your favorite teams play at SB Kolekole Bar & Grill every Sunday through Super Bowl Sunday to watch the games. Doors open half hour before kickoff of first game. Brunch is \$16.95/adult; \$7.95/kids.

concert. Food booths and rides open at 4 p.m. Opening night festivities end at 11 p.m. (See related story on B-1.)

7 / Sunday

**Pearl Harbor Memorial Parade** — Opening ceremony begins at 5 p.m. at Fort DeRussy Park and is followed by the 6 p.m. parade along Kalakaua Avenue in Waikiki. Closing ceremony and parade end takes place in front of the Honolulu Zoo. Visit www.pearlharborparade.org.

8 / Monday

**Pacific Aviation Museum Gala** — The "Destinations & Dreams" annual fundraiser, 6:30-10:30 p.m., features Capt. Chesley B. Sullenberger as guest speaker. Cocktails, dinner, entertainment and prize opportunities will help support the museum's restoration and education programs. Tickets are \$250 in the battlefield hangars of Ford Island. Information, sponsor tables and ticket sales at PacificAviationMuseum.org. Call 441-1006.

9 / Tuesday

**Teen Health Seminar** — One-hour presentation begins at noon at the Wheeler Middle School Library. Learn how to support teens in making healthy choices. RSVP Mary Rice at 622-6525 or Justin Fienhold, counselor, at 655-9944. Send comments to pcnc@wheelermiddle.k12.hi.us.

12 / Friday

**Military Child of the Year** — Deadline is Dec. 12 to nominate an outstanding child, ages 8-18, for the 2015 MCYA as part of Operation

Homefront. Visit operationhomefront.net and militarychildoftheyear.org. Operation Homefront will present an award to a military child from each branch and honor the winners at an annual gala in Washington, D.C.

**Food Truck** — Leilehua High School presents "2nd's" at Leilehua H.S., where the finest food trucks and food vendors take Wahiawa by storm from 4-7 p.m., Friday Dec. 12th.

13 / Saturday

**SB Couples Retreat** — One-day couples retreat, 8 a.m.-4 p.m., at the Nehelani Kukui Room, is designed to increase communication and resiliency as part of the Comprehensive Soldier and Family Fitness program. It's hosted by Army Community Service. Limited child care is available, subject to CYSS registration. To register or for additional information, call Sandi Crocker at 655-4368.

**Hawaii Youth Opera Chorus** — 53rd annual concert begins at 7 p.m. at historic Kawaiahao Church, 957 Punchbowl. Features the entire Hawaii Youth Opera Chorus, grades K-12. Includes holiday favorites and music from around the world. Call 521-2982; visit www.hyoc.org.

14 / Sunday

**Honolulu Marathon** — One of the world's largest annual races begins at 5 a.m. at Ala Moana Beach Park. Runners typically come to Honolulu from all over the world to enjoy the scenic course's spectacular ocean views, alongside world-famous Waikiki Beach, and Diamond

Head and Koko Head volcanic craters. The terrain is level except for short uphill grades around Diamond Head. The 26-mile run finishes in Waikiki. Call 734-7200.

**Hawaii Polo Club** — Operation Toy Box, at the Waialua polo field, benefits deserving North Shore area keiki on Sunday, Dec. 14. Gates open at 11 a.m.; match begins at 2 p.m. Attendees should bring a new, unwrapped toy. Admission is \$10 for open field seating and \$25 for clubhouse area. Visit www.hawaii-polo.org/operation-toy-box.html.

15 / Monday

**Tech Fair** — This Hawaii Chamber of Commerce-endorsed event is 5-8 p.m., Dec. 29, at the Japanese Cultural Center, Honolulu. Attendees, exhibitors and companies register for the 15th annual event at techjobshawaii.org by Dec. 15.

17 / Wednesday

**Celtic Pipes and Drums of Hawaii** — The Honolulu mayor's office hosts this cultural performance, 6:30-9:30 p.m., on the steps of Honolulu Hale (city hall). Experience the performance as part of the ongoing Honolulu City Lights program that lasts through Jan. 4, 2015.

29 / Monday

**SB Blood Drive** — Give the gift of healing. Blood will be collected, 8-11:30 a.m., Bldg. 686, 2nd Floor Cobra's Den. Support TAMC blood supply needs and shipments to Afghanistan. All blood types are needed. Bring a valid photo ID. Call Michele Lele at 433-6699.

worship  
Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

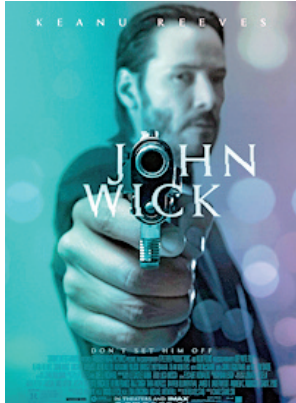
- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
  - 9 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 11:30 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF

This Week at the  
MOVIES  
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

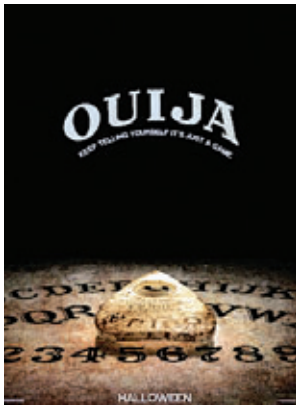


John Wick

(R)  
Fri., Dec. 5, 7 p.m.

Fury

(R)  
Sat., Dec. 6, 2 p.m.  
Sun., Dec. 7, 2 p.m.



Ouija

(PG-13)  
Sat., Dec. 6, 6 p.m.  
Thurs., Dec. 11, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



# Schofield Barracks celebrates the

Story and photos by  
**STAFF SGT. SEAN EVERETTE**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Children ran around the field at General’s Loop, here, dancing and celebrating the start of the holiday season.

Army Music Hawaii entertained the crowd with the original production “A Soldier’s Carol.”

Santa Claus was on hand to listen to kids’ Christmas wishes, and when the sun went

down, General’s Loop was lit up by the changing white and blue lights of the Schofield Barracks Christmas tree.

“This special season is a time to pause and remember the adage about peace on Earth and goodwill towards all men,” said Maj. Gen. Charles Flynn, 25th Infantry Division commander and the evening’s host. “And we have to take a few minutes to remember all of our Soldiers and other members of the armed forces who are deployed around the world.”

Flynn went on to thank Army Music Hawaii; Morale, Welfare and Recreation Hawaii; Island Palm Communities; and everyone in attendance for making the celebration a success.



From left, Kristelle Yokely with her 9-month-old daughter, Makayla; Maj. Gen. Charles A. Flynn, commander, 25th Infantry Division; and the Mangan family: Kylie, 9; Mackenzie, 11; and their mother, Kathy. They all light the Christmas tree at the 2014 Tree Lighting Ceremony, Tuesday, at Schofield Barracks.



The crowd gathers to view the newly lit Christmas tree, Tuesday, at the 2014 Tree Lighting Ceremony at Schofield Barracks.

## Lights: Numerous exhibits, events planned at city hall

CONTINUED FROM B-1

●**6:30 p.m.**, Public Workers Electric Light Parade reaches King and Punchbowl streets to continue past Honolulu Hale. Wreath and tree exhibitions open inside Honolulu Hale Courtyard, and Santa visits with children on


the Opening Night Santa Stage at the Mission Memorial Auditorium.

●**7:30 p.m.**, HCL Holiday Concert at the Skygate Stage on the grounds of the Civic Center features headliner Willie K. and his band (9:15-10 p.m.). Also performing are Sounds of Aloha Barbershop Chorus, the

Joan S. Lindsey Hula Studio/Ka Pa Nani ‘O Lilinoe, Maunaloa, and (from “America’s Got Talent” Season Four) Hawaii’s own Ciana Pelekai.

●**11 p.m.**, HCL closes for the day. It’s open daily from 8 a.m.-11 p.m., including Christmas and New Year’s Day, till Jan. 4, 2015.

### Holiday Services



The Religious Support Office will hold the following services during this holiday season.

**Protestant**

- Dec. 24, 3 p.m.**, Christmas Eve Concert and Worship at Fort DeRussy (FD) Chapel
- Dec. 24, 6 p.m.**, Christmas Eve Service (Liturgical) at Wheeler Army Airfield (WAAF) Chapel
- Dec. 24, 6:30 p.m.**, Christmas Eve Service at Helemano Military Reservation (HMR) Chapel
- Dec. 24, 7 p.m.**, Christmas Eve Service at Soldiers’ Chapel, Schofield Barracks (SB)
- Dec. 24, 7 p.m.**, Christmas Eve Service at Main Post Chapel (MPC), SB

**Catholic**

- Dec., 6/7**, Second Sunday Advent
- Dec. 8, 11:45 a.m.**, Solemnity of the Immaculate Conception of the Virgin Mary at Daily Mass
- Dec. 8, Daily Mass, 5 p.m.**, at Soldiers’ Chapel, SB
- Dec. 8, Daily Mass, 5 p.m.**, at Aliamanu Military Reservation (AMR) Chapel
- Dec. 10, 6 p.m.**, Advent Reconciliation at MPC, SB (1st confession for children)
- Dec. 13/14**, Third Sunday of Advent
- Dec. 14, 6 p.m.**, Advent Reconciliation at AMR Chapel (1st confession for children)
- Dec. 20/21**, Fourth Sunday of Advent
- Dec. 24, 5 p.m.**, Christmas Family Mass at MPC, SB
- Dec. 24, 5 p.m.**, Christmas Family Mass at AMR Chapel
- Dec. 24, 10 p.m.**, Christmas Eve Mass at WAAF Chapel
- Dec. 25, 10:30 a.m.**, Christmas Day Mass at MPC, SB
- Dec. 27/28**, Feast of the Holy Family of Jesus, Mary and Joseph
- Dec. 31, 5 p.m.**, Vigil Mass for Mary, Mother of God at AMR Chapel
- Jan. 1, 2015, 11:45 a.m.**, Mary Mother of God at Soldiers’ Chapel, SB
- Jan. 3/4, 2015**, Epiphany of the Lord
- Jan. 10/11, 2015**, Baptism of the Lord



# Hale Kula students learn about a boyhood passion

Story and photo by  
**JAN IWASE**  
Hale Kula Elementary School  
SCHOFIELD BARRACKS — When he was 6 or 7 years old, Ray L’Heureux would stand outside his home in Salem, Massachusetts, watching planes flying overhead, to and from Logan Airport.

He dreamed about one day flying planes, and when he got older, he saved his allowance, raked leaves and shoveled snow, so he could purchase model airplane kits. That boyhood passion for flying eventually led him to his appointment as the commanding officer of Marine One, and he even wrote a book about his unique experience titled “Inside Marine One: Four U.S. Presidents, One Proud Marine, and the World’s Most Amazing Helicopter.”

**Sharing with Hale Kula students**  
Nov. 24, Col. Ray “Frenchy” L’Heureux shared his story with the fifth graders at Hale Kula. He also brought his pilot’s helmet and passed it around for students to try on.

“It’s never too early to start thinking about what you want to be,” he told them. “Next year, you’ll be in middle school. You should be thinking of a career path.” L’Heureux went on to share photos and stories of how he went to college, joined the Marines, learned to pilot helicopters and eventually fly Ma-

rine One, the President’s helicopter.

**Flying presidents**  
He has the unique distinction of flying four U.S. Presidents – George H.W. Bush, Bill Clinton, George W. Bush, and Barack Obama. He showed photos with all four Presidents and said his favorite part of the job was landing on the White House lawn. He has never tired of that experience. The colonel told the students they need to study hard, keep active and physically fit, and follow their passion. He asked students if their parent had ever been deployed. Almost all hands went up. “When I was piloting Marine One, I was away from home a lot,” he told them. “I was away from my family, and I missed them, just like you miss your dad or mom when they’re gone.”

**Inquisitive minds**  
After his presentation, students lined up to ask L’Heureux questions: Why did you join the Marines instead of the Army? Did you ever meet the Presidents’ families? How did you get selected to fly Marine One? How big is Air Force One? Why did you write this book? How long did it take you? Who was your favorite President to fly? L’Heureux patiently answered their questions and took photos with the classes. Students reflected on

what they learned. Taylor Quenga wrote, “What I learned about Col. L’Heureux is that he has been interested in planes since he was a little kid. I also learned that he is still interested in planes and that his dream came true.” Jamie Nena added, “I learned from Col. L’Heureux that he had to study hard to get a big opportunity like flying Marine One. Because of that, he made me want to study harder to succeed in my career.” It is evident that L’Heureux had a positive impact on the fifth graders.



Col. Ray "Frenchy" L'Heureux visits fifth graders at Hale Kula Elementary School and shares his experience of being the commanding officer of Marine One.

# Time to say ‘bye’ to family member

Quite often, the thing that wakes me in the morning is not my alarm clock. It’s not the National Anthem blaring over the base loudspeakers. It’s not my husband plodding off to the bathroom. And it’s certainly not our teenagers getting themselves up on time.

Most mornings, our dog Dinghy, a 110-pound labradoodle with an explosion of blond hair and long gangly legs, is the first to wake me up. Whether he has snuck up onto our bed, leaving my husband and I teetering at the edges, or splayed out on the cool hardwood floor of our bedroom, he starts his morning with a stretch, followed by an elongated yawn before beginning his “bath.”

As a male dog, he starts with the unmentionable area that males find most important. Then, he comically attempts to scratch inside his ears with his long awkward hind feet. In-



**THE MEAT & POTATOES OF LIFE**  
**LISA SMITH MOLINARI**  
Contributing Writer

See Dinghy B-7



Photos courtesy of Lisa Smith Molinari

Dinghy, the Molinari’s late labradoodle, held the family together through countless deployments.



**SPC. PAXTON BUSCH**  
Pacific Regional Medical  
Command Public Affairs

HONOLULU — The first Tripler Army Medical Center (TAMC) Centering Pregnancy group has completed the program and reunited after delivery at TAMC, here, Nov. 13.

Centering Pregnancy, offered through TAMC Obstetrics/Gynecology, is a prenatal care program from the Centering Healthcare Institute, which began in May 2014.

active role throughout the process.

Host said, "It has been a great pleasure to see the theories in action, to see patients proudly report to the group that they have made a positive change ... and to see patients share their experiences and support each other."

The group gave the participants the opportunity to express their similar concerns or questions, to include the uncomfortable ones, freely.

A wooden sign is nailed to a tree trunk in a snowy forest. The sign is made of a single piece of light-colored wood and features the word "Dinghy" in large, hand-carved letters. To the right of "Dinghy", the words "Our Very Good Boy" are carved in a smaller, simpler font. In the bottom left corner of the sign, the date "11/30/14" is carved. The sign is surrounded by snow and the rough bark of the tree it is attached to.

## Dinghy: All miss his style

This morning, for the first time since March of 2006, we woke up feeling sad. But Dinghy would not like that. In his unbridled enthusiasm and perpetual loyalty, he taught us that, as long as we have a family who loves and accepts us, every new day has promise.

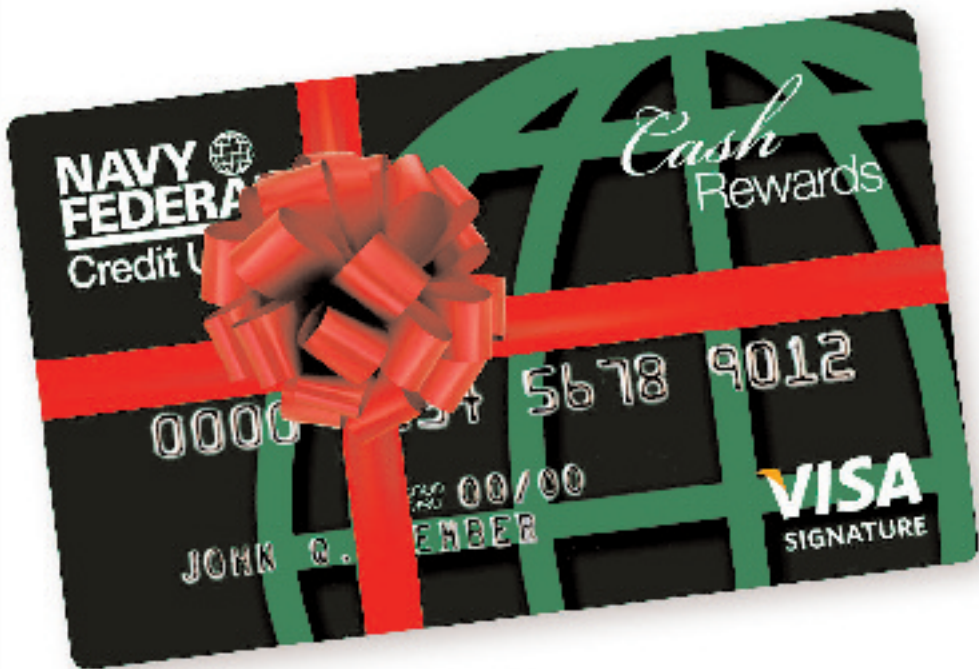
The mission of the TAMC Obstetric and Gynecologic Department is to provide optimal health care to all female beneficiaries while training the future leaders of the profession in the premier training program in the Army system. For more information on Centering, call 433-5933.

amazing. It was nice to have such a great support group and be around other moms who are going through this for the first time as well," stated Rose.



The first group of mothers completes the TAMC Centering Pregnancy program and gathers for a "reunion" with their infants at TAMC.

- > 1.5% cash back on every purchase, every time
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# Commissary Value Brand returns for more savings

**KEVIN L. ROBINSON**  
Defense Commissary Agency

FORT LEE, Virginia — In response to growing patron demand for products comparable to the low-cost private label items sold in civilian stores, the Defense Commissary Agency is re-energizing an “old friend” known as Commissary Value Brand.

Starting this month, commissaries worldwide will highlight about 300 Value Brand products in 33 categories, such as frozen vegetables, pizza and entrees; pet foods; health and beauty care; cereals; cleaning supplies; soft drinks; coffee; canned fruit, soup and fish; disposable lunch and storage bags; condiments; and more.

The average savings for Commissary Value Brand items will be about 25 percent

when compared to the store brand and private label items found in commercial retail stores, said Joseph H. Jeu, DeCA director and CEO.

In some instances, savings will be as much as 50 percent.

“We are rolling out a renewed program that will offer consistent, quality, everyday low-cost pricing on name brand products equal to or better than private label items in commercial stores,” Jeu added. “In essence, we are making a good deal of a commissary benefit even better.”

Now when customers venture into their commissary, they will see select items on the shelf identified by an orange “Value” sign. They will also see posters, banners, buttons and dangles that point the way to these extra savings.

The resurgence of the Com-



Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

**Commissaries worldwide are highlighting 300 Value Brand products in 33 categories, including frozen foods, pet foods, health & beauty care, cleaning supplies, condiments and more.**

missary Value Brand comes as more and more customers are asking their commissaries to have products at prices similar to the private label savings they see off post, said Tracie L. Russ, DeCA sales director.

“We first began what was then known as the ‘Best Value Item’ program 14 years ago, and now the time is right for a

comeback,” Russ said. “Over the years, what we called BVI took on many forms and eventually splintered into many individual savings venues. Today, we have once again gathered the best of the best under one ‘Commissary Value Brand’ sign.”

Russ said this program wouldn’t be possible without

the agency’s industry partners – manufacturers, vendors and suppliers – whose representatives worked with her category managers to identify the brands from industry proposals that best met the Commissary Value Brand criteria.

Every six months, patrons may see products added or subtracted to DeCA’s Value Brand inventory based on price, sales performance and market changes.

“Those products are subsequently guaranteed to be on our shelves at everyday prices for a minimum of six months that’s consistently equal to or lower than the store brand and private label products downtown,” Russ said.

Commissary patrons looking for Commissary Value Brand items will see new shelf signage and, in some in-

stances, special displays. Shoppers who venture on DeCA’s website, commissaries.com, or stay tuned to the agency’s social media outlets, especially Facebook and Twitter, will also be able to get a heads up on value deals before they hit the store.

Also, shoppers will continue to see biweekly promotions and other special sales that offer targeted discounts. However, when it comes to comparing prices with commercial store brand or private label products, the Value Brand will take savings to a consistent, everyday low price, Jeu said.

“Some things never go out of style, and our Commissary Value Brand program is one of them,” he said. “So we’re dusting it off, giving it a new look and bringing back even more savings.”



# Many ways available to stay healthy for holidays

First, check stressors, then look at making wise choices

**ALISON CUCCIA**  
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — The holiday season can be a time of great celebration, gratitude and joy.

While it is important to appreciate and enjoy good fortunes, the holiday season can also have a negative effect on health.

High stress levels, lack of time for sleep and physical activity, and the overabundance of unhealthy food and alcohol often overpower us during this time, and can lead to negative health effects down the road.

In order to remain ready and resilient, Soldiers, family members and civilians should aim to enjoy the holiday season while preserving their health and well-being.

**Recognize stress/stressors**

Between overcommitted schedules, financial burdens and family, and friends or religious expectations, the holidays can be an incredibly stressful time. Military families also often face added anxiety from worrying about loved ones on deployment this time of year. Even traditions that are meant to bring joy can feel stressful, chaotic and lonely to Soldiers and their families.

Many people do not realize the physical toll stress can take on the body. People with high levels of stress are more likely to use tobacco and eat unhealthy foods. These choices can lead to diseases, such as cancer, obesity and other chronic diseases.

Stress does not only change behavior, it also changes levels of certain hormones in the body. These hormone changes suppress the body’s immune system, making it harder to fight off diseases.

Stress has been linked to illness ranging from gastrointestinal distress to headaches to depression. Stress also increases fatigue, which can decrease performance and readiness among Soldiers.

**Dealing with stress**

While some stressors during the holiday season may not be avoidable, there are ways to minimize the level of stress and, in turn, improve health.

- First, it is important to acknowledge when you are feeling stressed. Talk with a support network about your feelings as it may help ease your burden.
- Recognize activities that re-energize you, and schedule time for those important activities. Whether it is reading, running, yoga, watching TV or spending time with friends, these activities can help you remain balanced and happy in this busy time.
- Exercise has proven to be an extremely effective stress reliever. Make exercise a priority during this time to help improve stress levels and to offset holiday weight gain.

**Holiday weight gain reality**

Holiday weight gain is extremely common in the United States. The National Institutes of Health conducted a study demonstrating that Americans gain significant weight between Thanksgiving and New Year’s Day, and have a difficult time losing this weight gained over the course of a year. Excess weight from the holiday season can accumulate over time, leading to obesity, diabetes and heart disease.

Holidays are particularly detrimental to waistlines for a variety of reasons. Often holiday celebrations involve large amounts of unhealthy food and alcohol. For example, holiday parties almost would not feel complete without some seasonally favorite high-calorie snacks, desserts and alcohol.

While these events are a way to celebrate, it’s important to make smart choices and always remember moderation. An easy way to avoid overconsumption at a holiday event is to eat before the party. It is easier to avoid consuming large amounts of unhealthy food when your stomach is already full with a balanced meal.

**Avoiding overdoing it**

There are also some quick tips to avoid overconsumption when at a holiday party.

- First, avoid socializing



Graphic by U.S. Army Public Health Command

**Enjoy your holidays, but do not allow the season to derail your health. As always, remember that moderation is the key to a balanced lifestyle.**

near the food and drinks. When hovering next to a snack bowl, it is easy to eat mindlessly, which can cause you to eat more calories than needed without even realizing it.

- It’s also useful to use the smallest plates available when getting food. Studies have shown that individuals who use smaller plates eat fewer calories and still feel satisfied.
- Further, avoid liquid calories, including sugar-sweetened beverages and alcohol. These beverages do not keep you full as long as food does; yet, they can add many calories to your diet.
- Remember, you can always bring a healthy dish to a holiday party. You may be surprised at how many people are grateful for a healthy option.

**Finding balance**

The holiday season is often the busiest season of the year. This fact can leave little time to focus on well-balanced meals.

Holiday parties filled with tasty and nostalgic treats, but busy schedules and stress can take a toll on physical well-being. Enjoy your holidays, but do not allow the season to derail your health.

As always, remember that moderation is the key to a balanced lifestyle. It can help you remain happy and healthy during this holiday season and beyond.

*(Editor’s Note: Cuccia is a program evaluator for USAPHC.)*



File photo

**Decorating the Christmas tree will hopefully be a family memory treasured by this child. Rituals and traditions make the holidays special.**

## Observing rituals is the December tip of the month

**NAVY BUREAU OF MEDICINE AND SURGERY**  
News Article

The holiday season is fast approaching, and parents are busy making holiday preparations, while children are busy making lists. During the rush of this holiday season, let

us remember to take notice of the people around us and those we love. This note means we shift our focus from shopping to spending time together, sharing memories of the past and making memories for the future.

**Family rituals**

Fostering family rituals and traditions can make the holidays especially meaningful for both parents and children. If a parent is away, family rituals can also support family closeness and consistency that is important for children of all ages.

If you’d like more ideas for enhancing family closeness and support throughout the year, contact FOCUS.

**What is it?**

FOCUS or Families Over Coming Under Stress, is a resiliency-building program of the Navy Bureau of Medicine and Surgery.

FOCUS is an eight-session training program for military families that is grounded in more than two decades of research and experience serving families dealing with stress and changes.

FOCUS is specifically adapted for the needs of military couples, children and families and provides training in core resilience skills. These skills increase closeness, support, communication and adaptability.

**Online**

For more info about FOCUS, visit [www.focusproject.org](http://www.focusproject.org) or [www.facebook.com/FOCUSresiliencytraining](http://www.facebook.com/FOCUSresiliencytraining).

Contact the local FOCUS site at 257-7774 or [hawaii@focusproject.org](mailto:hawaii@focusproject.org).





# Centering Pregnancy group reunites filled with joy

**SPC. PAXTON BUSCH**  
Pacific Regional Medical  
Command Public Affairs

HONOLULU — The first Tripler Army Medical Center (TAMC) Centering Pregnancy group has completed the program and reunited after delivery at TAMC, here, Nov. 13.

Centering Pregnancy, offered through TAMC Obstetrics/Gynecology, is a prenatal care program from the Centering Healthcare Institute, which began in May 2014.

“Group care helps build community, increases motivation to learn and make positive changes, and improves understanding among participants through sharing,” stated Christine Host, Centering Pregnancy coordinator, TAMC.

This patient/family-centered model approach to pregnancy, which starts at the beginning of the pregnancy and completes after the mother’s first check-up, incorporates health assessments, prenatal education and support, and aids women in having a more

active role throughout the process.

Host said, “It has been a great pleasure to see the theories in action, to see patients proudly report to the group that they have made a positive change ... and to see patients share their experiences and support each other.”

The group gave the participants the opportunity to express their similar concerns or questions, to include the uncomfortable ones, freely.

“The group was so warm and welcoming, and everyone that ran it was just so open that it made it just a great experience. I hope we can do it again when we have our next baby,” stated Christine Rose, mother participant of Centering Pregnancy.

The mothers were all excited to see each other again after their deliveries and had nothing but good things to say about their time and experience with Centering Pregnancy.

“My experience with Centering was absolutely

### More Details

The mission of the TAMC Obstetric and Gynecologic Department is to provide optimal health care to all female beneficiaries while training the future leaders of the profession in the premier training program in the Army system. For more information on Centering, call 433-5933.

amazing. It was nice to have such a great support group and be around other moms who are going through this for the first time as well,” stated Rose.



Photo by Pacific Regional Medical Command Public Affairs

**The first group of mothers completes the TAMC Centering Pregnancy program and gathers for a "reunion" with their infants at TAMC.**



**With permission from a park manager, Dinghy is resting under a huge elm in the woods near a lake.**

## Dinghy: All miss his style

CONTINUED FROM B-4

evitably, he misses the first few times, haphazardly wrapping his neck and the back of his head, until he finally finds that sweet spot. Without looking, I know he’s found it when I hear him grumble deeply as if to say, “Oh yea, that’s the ticket.”

Once done scratching, he cleans his paws in preparation for what is arguably one of the cutest things I’ve ever seen. Alternating each enormous front foot, Dinghy wipes his own face over and over, and then, with paws daintily crossed, he licks them one last time.

When finished, he looks like the canine reincarnation of Phyllis Diller, but he is ready to face the day. And after kissing the fuzzy top of his head, so am I.

There are so few constants in military life. We hold on to those things that bind us together and make us feel that, despite frequent moves, deployments, separations and an uncertain future, we are a family. No matter where we are in the world, we belong to each other.

Ten months before my husband left for a yearlong deployment to Africa, we picked Dinghy out of a litter of fat pups on a farm in North Carolina. During that deployment, Dinghy chewed countless socks, dug trenches in our lawn and stole an entire baked chicken off the kitchen counter, but he captured our hearts.

Every morning, I’d open my eyes to his fuzzy face and hot breath, urging me, “Look! It’s another day! I want to spend it with you because you’re my best friend and I love you!”

Sure, some days became stressful and chaotic. I had my share of meltdowns and drank my share of wine. But I found it nearly impossible to be sad for long, because I started every morning staring into the face of pure, unconditional love and utter acceptance.

Dinghy moved with us from Virginia to Germany to Florida to Rhode Island. No matter whether we lived in a stairwell apartment, temporary quarters, base housing or on the economy, Dinghy, like us, felt at home as long as we were together.

Eight days ago, our family rented a cabin with no Internet or phone service at a remote Morale, Welfare and Recreation center on Great Pond in the North Woods of Maine. We had a wonderful week of hiking, doing crafts, watching favorite movies, cooking Thanksgiving dinner and cutting down our own Christmas tree.

Dinghy was there with us, tramping through the woods, swimming after sticks in the cold lake, stealing socks, demanding attention and sneaking into bed to snuggle with us at night.

As always, he was a constant reminder that we belong to each other and are loved.

Late on our last night in the cabin, Dinghy suddenly seemed sick. In the morning, my husband went to the park office to use the phone to call a veterinarian. But it was too late. Unbeknownst to us, Dinghy’s stomach had twisted – a sudden and deadly condition known as “bloat” – and he died that morning in our cabin, with us all around him.

With permission from the park manager, we buried Dinghy in the woods near the lake under a huge elm tree.

This morning, for the first time since March of 2006, we woke up feeling sad. But Dinghy would not like that. In his unbridled enthusiasm and perpetual loyalty, he taught us that, as long as we have a family who loves and accepts us, every new day has promise.

*(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*